

## Seven Pounds in One Week

Not every man who is thin would thank you for fattening him. He doesn't want to be fat and for every good reason. Unnecessary fat is a load to carry about; it interferes with a man's power to work, shortens his wind, and dulls his wits.

Yet, on the other hand, a certain amount of flesh is needed for health and comfort. For example; A man five feet high should weigh about 120 lbs.; and man five feet six inches, 145 lbs.; a man six feet, 178 lbs. It is a regular ascending scale. The insurance companies allow a variation of 7 percent above or below it, and beyond those limits charge an extra premium. One shouldn't be much over or under his proper weight if he wants to be sound and hearty—and we all do want that.

Now we will tell you how Mr. Thomas Crosby, being under weight, gained seven pounds in a week. He had lost 1½ stone, which is too much off for a man who was never fleshier than he naturally ought to be.

It was this way. He was right enough up to May, 1891. At that time he began to feel ill and out of sorts. He had a nasty taste in his mouth—like rotten eggs, he says—and a thick, slimy stuff came on his gums and teeth. His appetite failed, and what he did eat was, as you might say under compulsion; and right afterwards he would have great pain in his stomach and chest. Plainly, something was amiss with him in that region. He was often dizzy, and cold chills ran over him as though he were threatened with fever. Of course we should expect a man who is handled in this way to lose strength. Mr. Crosby lost strength. In fact, he got so weak and nervous that he shook all over, and his hands trembled as if a current of electricity were running through him.

To use his own word: "I rapidly lost flesh, was 1½ stone lighter, and could hardly walk about. Once my parents thought I was dying, and sent in haste for the doctor. I saw two doctors in Epworth and one at Haxey, but they were not able to help me. Our vicar, Rev. Mr. Overton, recommended me to the Lincoln Infirmary, where I attended for eight weeks as an outdoor patient, without benefit.

"Soon afterwards Mr. Sharp, a chemist, at Epworth, spoke to me of the virtues of a medicine known as Mother Siegel's Curative Syrup. Being interested in what he said, I left off trying other things and began taking this Syrup. In a few days I felt better, and presently I gained seven pounds in a week. At that rate I soon got back to my work, and have had the best of health ever since. I tell these facts to everybody, and am perfectly willing they should be published. Yours truly (Signed), Tom Crosby, Ferry Road, Epworth, via Doncaster, December 23rd, 1892."

After reading Mr. Crosby's story we scarcely need to ask why he lost flesh. The minute he stopped eating and digesting his usual allowance of food he began to fall away. Trees, they say, grow as much from the air by means of their leaves, as they do from the soil. But men don't. They've got to be built up through their stomachs. Indigestion and dyspepsia (Mr. Crosby's complaint) stops this process and poisons those who have it, besides. That accounts for all the painful and dangerous symptoms our friend speaks of. The doctors do what they can, but, unluckily, they don't possess the medicine that goes to the bottom of this disease and cures it. The remedy is Mother Siegel's Curative Syrup, and nothing else, so far as we know. It restores digestion, and digestion covers the bones with fat enough for health and good looks.



Mrs. Isa Griggs.

Ennis, Texas.

The restoring and invigorating properties of Hood's Sarsaparilla, combined with its power to vitalize and enrich the blood, render it peculiarly adapted for all troubles peculiar to women, that tired feeling, or debility, caused by change of season, climate or life. Many weak women have found in Hood's Sarsaparilla just the blood purifying and vitalizing properties so much needed at the critical time of life. It invigorates the system and all the organs to healthy action and endows the body with renewed vigor and perfect health. Such was the experience of Mrs. Isa Griggs, whose letter follows:

"Ennis, Texas, Sept. 22, 1894.  
"C. I. Hood & Co., Lowell, Mass.:  
"Dear Sirs: I feel it is courtesy due to you to state what Hood's Sarsaparilla has done for me. About fifteen years ago,

overcome and the use of morphine discontinued, but it was not so decreed. I broke out with boils from the punctures and some of the places had proud flesh in them for a month or so. Last winter I commenced to have those risings again. I was taking eight punctures a day, a total of one and one-half grains of morphine. Last June I

Began to take Hood's Sarsaparilla. I have taken over seven bottles of the medicine and also several boxes of Hood's Pills. When I commenced taking Hood's Sarsaparilla I weighed only 112 pounds. Now I weigh over 125 pounds and am in better health than for the past fifteen years. I am now approaching 50 years of age. Formerly I was covered with eruptions; now my skin is clear of them. I can truly say Hood's Sarsaparilla has no equal for poor run-down women. I am well known here in

## Hood's Sarsaparilla Cures

local troubles, which developed into a serious affection, caused me much pain. I suffered almost death; was unconscious for hours at different times. Every doctor with whom I treated

Cave Me Morphine  
as of course I had to have some relief in order to live. I underwent a surgical operation, hoping my weakness would be

Hood's Pills cure nausea, sick headache, indigestion, biliousness. Sold by all druggists.

Ennis, and am a native of Texas. Every one who has not seen me for a long time remarks about

How Well I Am Looking.  
I had a severe attack of the grip last winter. I continued to take Hood's Sarsaparilla, and with benefit. Whenever I find my health giving way I shall resort to Hood's Sarsaparilla." MRS. ISA GRIGGS.

Hood's Pills are purely vegetable, carefully prepared from the best ingredients. 25c.

## MARINE NEWS

## Departures.

TUESDAY, May 28.

Stmr Kaala, Brown, for Circuit of Oahu, at 9 a m

## Vessels Leaving To-day.

Stmr Iwalani, Freeman, for Kauai, at 4 p m  
Stmr James Makee, Peterson, for Kapua, at 3 p m  
Stmr Mikahala, Haglund, for Kauai, at 5 p m  
Stmr Claudine, Cameron, for Maui, at 5 p m

## Vessels Leaving To-morrow.

Stmr Kenahou, Thompson, for Makaweli, at 4 p m

G. R. Harrison, practical piano and organ maker and tuner, can furnish best factory references. Orders left at Hawaiian News Co. will receive prompt attention. All work guaranteed to be the same as done in factory.

## CHIC!

## STYLE!

## FINISH!

## QUALITY!

Men's Wearing Apparel to be found in all the Suits made by Johnston & Storey. Mr. Storey was for some years one of the best known cutters on the Coast, consequently the best dressed men in town wear clothes made by

Johnston & Storey,

413 Fort Street

## Wilder's Steamship Co.

## TIME TABLE

C. L. WIGHT, Pres. S. B. ROSE, Sec.  
Capt. J. A. KING, Port Supt.

## Stmr. KINAU,

CLARKE, Commander.

Will leave Honolulu at 2 p. m., touching at Lahaina, Maui, Bay and Makana the same day; Mahukona, Kawaihae and Laupahoehoe the following day, arriving at Hilo the same evening.

LEAVES HONOLULU. ARRIVES HONOLULU.

Thursday.....May 14	Thursday.....May 21
Friday.....May 24	Friday.....May 31
Tuesday.....June 4	Tuesday.....June 11
Friday.....June 14	Friday.....June 21
Tuesday.....June 25	Tuesday.....July 2
Friday.....July 5	Friday.....July 12
Tuesday.....July 16	Tuesday.....July 23
Friday.....July 28	Friday.....Aug. 2
Tuesday.....Aug. 6	Tuesday.....Aug. 13
Friday.....Aug. 16	Friday.....Aug. 23
Tuesday.....Aug. 27	Tuesday.....Sept. 3
Friday.....Sept. 6	Friday.....Sept. 13
Tuesday.....Sept. 17	Tuesday.....Sept. 24
Friday.....Sept. 27	Friday.....Oct. 4
Tuesday.....Oct. 8	Tuesday.....Oct. 15
Friday.....Oct. 10	Friday.....Oct. 25
Tuesday.....Oct. 29	Tuesday.....Nov. 5
Friday.....Nov. 8	Friday.....Nov. 15
Tuesday.....Nov. 19	Tuesday.....Nov. 26
Friday.....Nov. 29	Friday.....Dec. 6
Tuesday.....Dec. 10	Tuesday.....Dec. 17
Friday.....Dec. 20	Friday.....Dec. 27

Returning, will leave Hilo at 1 o'clock p. m., touching at Laupahoehoe, Mahukona and Kawaihae same day; Makana, Maui, Bay and Lahaina the following day; arriving at Honolulu the afternoons of Tuesdays and Fridays.

No Freight will be received after 12 noon on day of sailing.

## Stmr. CLAUDINE,

CAMERON, Commander.

Will leave Honolulu Tuesdays at 5 p. m., touching at Kahului, Hana, Hamoa and Kipahulu, Maui. Returning arrives at Honolulu Sunday mornings.

Will call at Nuu, Kaupo, on second trip of each month.

No Freight will be received after 4 p. m. on day of sailing.

This Company will reserve the right to make changes in the time of departure and arrival of its steamers without notice and it will not be responsible for any consequences arising therefrom.

Consignees must be at the Landings to receive their Freight; this Company will not hold itself responsible for freight after it has been landed.

Live Stock only at owner's risk. This Company will not be responsible for Money or Valuables of passengers unless placed in the care of Purser.

Passengers are requested to purchase tickets before embarking. Those failing to do so will be subject to an additional charge of twenty-five per cent.

## Canadian-Australian Steamship Line

Steamers of the above Line, running in connection with the

## CANADIAN PACIFIC RAILWAY

Between Vancouver, B. C., and Sydney, N. S. W., and calling at Victoria, B. C., Honolulu and Sava (Fiji).

## ARE DUE AT HONOLULU

On or about the dates below stated, viz.:

From Sydney and Suva, for Victoria and Vancouver, B. C.:	From Victoria and Vancouver, B. C., for Suva and Sydney:
Stmr "WARRIMOO".....June 1	Stmr "MIOWERRA".....May 24
Stmr "MIOWERRA".....July 1	Stmr "WARRIMOO".....June 24
Stmr "WARRIMOO".....August 1	Stmr "MIOWERRA".....July 24

Through Tickets issued from Honolulu to Canada, United States and Europe.

Freight and Passenger Agents:

D. McNICOLL, Montreal, Canada.  
ROBERT KERR, Winnipeg, Canada.  
M. M. FERN, San Francisco, Cal.  
J. M. BROWN, Vancouver, B. C.

For Freight and Passage and all General Information, apply to

Theo. H. Davies & Co., Ld.  
Agents for the Hawaiian Islands.

## Oceanic Steamship Co.

## Australian Mail Service.

## For San Francisco:

The New and Fine A1 Steel Steamship

## "ARAWA"

Of the Oceanic Steamship Company will be due at Honolulu from Sydney and Auckland on or about

May 30th.

And will leave for the above port with Mails and Passengers on or about that date.

## For Sydney and Auckland:

The New and Fine A1 Steel Steamship

## "MARIPOSA"

Of the Oceanic Steamship Company will be due at Honolulu from San Francisco on or about

June 6th.

And will have prompt despatch with Mails and Passengers for the above ports.

The undersigned are now prepared to issue

Through Tickets to All Points in the United States.

For further particulars regarding Freight or passage apply to

WM. G. IRWIN & CO., Ltd.,

1-11 General Agents.

## Oceanic Steamship Co.

## Time Table

## LOCAL LINE

## S. S. AUSTRALIA.

Arrive Honolulu from S. F. Leave Honolulu for S. F.

May 27.....	June 3
June 21.....	June 24
July 15.....	July 20
Aug. 9.....	Aug. 14
Sept. 7.....	Sept. 12
Sept. 30.....	Oct. 2
Oct. 21.....	Oct. 27
Nov. 15.....	Nov. 20

## THROUGH LINE

From San Francisco for Sydney. From Sydney for San Francisco.

Arrive Honolulu. Leave Honolulu.

Mariposa.....June 6	Arara.....May 30
Arara.....July 4	Alameda.....June 27
Alameda.....Aug. 1	Mariposa.....July 25
Mariposa.....Aug. 29	Arara.....Aug. 22
Arara.....Sept. 26	Alameda.....Sept. 19
Alameda.....Oct. 24	Mariposa.....Oct. 17

Frank Godfrey

## General Business Agent

P. O. Box 411.

## FITS CURED

(From U. S. Journal of Medicine.)

Prof. W. H. PEEKE, who makes a specialty of Epilepsy, has without doubt treated and cured more cases than any living Physician; his success is astonishing. We have heard of cases of 20 years' standing cured by him. He publishes a valuable work on this disease which he sends with a large bottle of his absolute cure, free to any sufferer who may send their P. O. and Express address. We advise anyone wishing a cure to address, Prof. W. H. PEEKE, F. D., 4 Cedar St., New York.

## Pacific Mail S.S. Co.

AND THE

## Occidental and Oriental S. S. Co.

## For YOKOHAMA and HONGKONG

Steamers of the above Companies will call at Honolulu on their way to the above ports on or about the following dates:

Stmr "CITY OF PEKING".....	June 1, 1895
Stmr "COPTIC".....	July 10, 1895
Stmr "CITY OF PEKING".....	August 10, 1895
Stmr "COPTIC".....	September 18, 1895
Stmr "CHINA".....	October 24, 1895
Stmr "COPTIC".....	November 28, 1895
Stmr "CITY OF PEKING".....	December 28, 1895

## For SAN FRANCISCO

Steamers of the above Companies will call at Honolulu on their way from Hongkong and Yokohama to the above port or about the following dates:

Stmr "CHINA".....	May 20, 1895
Stmr "COPTIC".....	June 11, 1895
Stmr "CITY OF PEKING".....	July 17, 1895
Stmr "BELGIC".....	August 9, 1895
Stmr "CITY OF RIO DE JANEIRO".....	September 6, 1895
Stmr "CHINA".....	October 6, 1895
Stmr "COPTIC".....	November 6, 1895
Stmr "CITY OF PEKING".....	December 6, 1895
Stmr "COPTIC".....	January 15, 1896
Stmr "CHINA".....	February 24, 1896

## RATES OF PASSAGE ARE AS FOLLOWS

	TO YOKOHAMA.	TO HONGKONG.
Cabin.....	\$150 00	\$175 00
Cabin, round trip 4 months.....	225 00	262 50
Cabin, round trip 12 months.....	262 50	312 50
European Steerage.....	85 00	100 00

Passengers paying full fare will be allowed 10 percent off return fare if returning within twelve months.

For Freight and Passage apply to

H. HACKFELD & CO.,

267 11 Agents

## Building Lots!

At Waikiki on car line and on Palama Road near Fertilizing Plant. These Lots are Very Cheap and Sold on easy terms. Desirable Acre Tracts near the city and other Properties for Sale.

REDUCE WARING & CO.,  
Dealers in Lots and Lands,  
503 Fort Street, near King.

## METROPOLITAN MEAT CO.

81 KING ST.

## Wholesale and Retail Butchers

- AND -

## NAVY CONTRACTORS

G. J. WALLER, : : Manager.

## California Fruit Market

Corner King and Alakea Sts.

## Camarino's Refrigerators

By Every Steamer from San Francisco with

## Fresh Fruit, Oysters,

Salmon, Poukry, Etc., Etc.